



If you have questions/comments about this program at Pope, e-mail thatguy@pope.af.mil

Up Next

Breakfast with Santa

Enjoy breakfast with Santa at the Willow Lakes Golf Course Saturday from 10 a.m. to noon. Adult price is \$4.95, children 12 and under are \$2.95. Call 394-4580 for reservations.

Operation Toy Drop

Everyone is invited to the Sicily Drop Zone Saturday to witness Operation Toy Drop. Servicemembers will start jumping at 7:30 a.m. and will continue to jump throughout the day. For more information call Harris Luther at 394-4839.

PSA social

The Pope Spouse's Association is having a Christmas gift exchange and potluck dinner Tuesday at 6:30 p.m. at Airman and Family Readiness Center. For more information, call Kelly Wivell at 339-5759.

Toy Trot/Wing Run

The Pope Wing Run is Dec. 12 at the Wing Headquarters building, starting at 1:30 p.m. This event has a holiday theme and holiday costumes are encouraged. For more information call 394-4183.

Christmas Band Concert

All Pope members are invited to attend the Air Force Heritage of America Band Christmas concert at Fayetteville State University, Seabrook Auditorium, Tuesday at 7 p.m.

For more information call 394-4183.

DUI tracker

DUI tracking is current as of Tuesday

Days since last DUI33
200819
DUIs for 200729



AADD Saves

This week2
This year284

For a free, anonymous ride home midnight to 6 a.m. Friday to Sunday, call Airmen Against Drunk Driving at 394-AADD.

CAROLINA FLYER

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Pope Air Force Base, N.C. • public.pope.af.mil

Friday, Dec. 5, 2008

AMC Command Chaplain visits Pope AFB



Chaplain (Col.) Brian Van Sickle, Command Chaplain for Air Mobility Command, Scott Air Force Base, Ill., visits with Chaplain (Capt.) John Key, 43rd Airlift Wing Chaplain, during a breakfast at the Wing Chapel Wednesday.

Story and photo by
Airman 1st Class Mindy Bloem
Staff writer

Chaplain (Col.) Brian Van Sickle, the Command Chaplain for Air Mobility Command, Scott Air Force Base, Ill., visited Pope Monday through Wednesday to ensure the 43rd Airlift Wing was receiving proper pastoral care as far as free religious expression is concerned.

Also along for the visit was Chief Master Sgt. Roger Dubois, AMC Chaplain Assistant functional manager.

During the three-day visit, Chaplain Van Sickle and Chief Dubois were able to meet individually with the members of Pope's chapel staff as well as include time for visits to various base offices.

Chaplain Van Sickle advises the Commander on all matter of religion, ethical concerns, morale and quality of life impacting assigned Command personnel. He sustains the operational capabilities of the chaplain service to ensure a fully mission-capable force committed to delivering world-class ministry through the management and supervision of active, reserve, and guard Chaplain Service personnel.

Chaplain Van Sickle believes there is a fundamental link between spirituality and being a better servicemember.

"When someone is encouraged to express his faith, that Airman is a better warrior," he said. "They understand the roots of why they're fighting. It adds the will to fight, the reason to fight, which is for justice and an ultimate sense of peace. All of these beliefs are motivating causes."

Chaplain Van Sickle received first-hand insight into this mentality while he served his country as a Navy medic during the Vietnam War. It was during these early years in service that his faith was challenged and he searched for more meaning to his faith.

This questioning resulted in his becoming more spiritually rooted in his faith and going on to use his belief in religious expression to help others along their personal spiritual journeys.

In 1982, he joined the active duty Air Force. After nearly 27 years

in the chaplaincy, he is still committed to ensuring people's individual right to worship is not hindered.

"We are all different," Chaplain Van Sickle said. "The chaplaincy recognizes that individual core beliefs need to be expressed. Our diversity is our strength. It's what we encourage and what we honor. Freedom of religious expression is what is guaranteed and what really drives us. Our job is to secure free expression."

Chief Dubois, who has spent the past seven months working with Chaplain Van Sickle, said he enjoys the command chaplain's hard charging pace.

"He is a hard man to keep up with," Chief Dubois said. "He really keeps me on my toes, but it has been great to travel with him and see what the chaplains and assistants are doing to meet the needs of the people. I try to provide the support aspect and the enlisted perspective. The thing I like the most about this job and that is most significant for me is providing help to our folks. It doesn't even have to be in terms of crisis or the desire to worship. It can be just the simple things like interacting with people and providing help and support."

Both Chaplain Van Sickle and Chief Dubois stressed that that support would not change after the base realignment and closure.

"The number one goal I have is to make sure we have the assets available to maintain our people," Chief Dubois said. "Anything less is unacceptable. We will make sure every requirement is met. We will see what the real needs of Pope are and figure out what we need to do to achieve the necessary support for the people of Pope."

"We will provide pastoral care to the best of our ability to the Airmen here," Chaplain Van Sickle said. "Bottom line care will be provided."

Chaplain Van Sickle has spent two and one half years in AMC and said he is continually impressed with the resiliency of the AMC warriors given the phenomenal workload they share.

"The fact our spirits remain resilient and willing to be sacrificial is a great indicator to the spiritual depth of our Airmen," he added. "I continue to be impressed with the commitment of our Airmen."

Easy to follow winter car care and safe driving tips

Winter car care and safe driving tips are essential as the cool fall weather signals that the snow, ice and hazards of seasonal motoring are just around the corner. If you winterize your car now for the coming harsh weather you enhance your vehicle's life, saving you from expensive repair bills. And rest assured: winter car care is easy to do!

Don't be one of the estimated 70 percent of motorists who do not prepare their cars for winter weather.

Learn how to ready your vehicle, as well as discover how to handle your vehicle during the season with these ten tips.

- ❖ Get the right kind of oil change. Are you approaching the time for a 30,000-mile full service for your vehicle? If so, don't procrastinate! Among other things, the service should include an oil change, and the oil used should have the right viscosity, or thickness, for your vehicle at this time of year. Oil tends to thicken as it gets colder, and if it's too thick it won't do the best job of keeping your engine lubricated. Check your owner's manual for guidance about which oil to use in different climates and temperatures.
- ❖ Make sure you can see. When's the last time you replaced your windshield wiper blades? They usually work effectively for about one year, so be sure to invest in some new ones if you're due. Here's another important step to take

before you find yourself struggling to see in a blinding storm: Fill up your windshield washer reservoir with windshield washer fluid. (Plain water won't do the trick at this time of year because it freezes.) Also check to see that your heater and defroster are working properly so you can keep the windshield nice and clear.

- ❖ Give your battery a little TLC. This is an ideal time of year to make sure your battery's posts and connections are corrosion-free and that your battery has all the water it needs. If your battery is more than three years old, have a certified repair shop test its ability to hold a charge. Granted, you might be able to find a Good Samaritan to help you jump-start your vehicle in the middle of a blizzard — but wouldn't you rather avoid such a scenario altogether?
- ❖ Examine your belts and hoses. When you have that full service done on your vehicle, make sure the belts and hoses get checked for wear and tear — even if you're driving a modern car. Cold weather can do a number on belts and hoses, so they deserve attention.
- ❖ Check your tire pressure. Your tires must be properly inflated to ensure you'll have the best possible traction as you drive along — and traction is often severely jeopardized in wet, snowy or icy conditions. The air pressure in your tires has likely dropped as the weather

has gotten colder, so it's important to see where things stand now. (You can generally expect that you'll lose 1 pound per square inch whenever the temperature drops by 10 degrees Fahrenheit.) Again, your trusty owner's manual will tell you what your target tire pressure should be.

- ❖ Think about switching to snow tires. Do you live in a hilly place that gets its fair share of snow? Then you might want to improve traction even more by investing in winter tires and using them over the next few months instead of your usual all-season tires. When shopping around for snow tires, ask about all the fees that might come into play, such as fees for mounting and balancing. You can accomplish this easily and make accurate cost comparisons by asking each store for the "out the door charge."
- ❖ Do you have four-wheel drive? If so, it's important to check the status of your four-wheel-drive system and be sure it's working correctly — especially because most drivers don't use their 4WD systems in the pleasant summer months. Be sure that the system engages and disengages easily, and that all drivers in your household know how and when to activate the system.
- ❖ Get the antifreeze mixture just right. Aim for having a 50-50 mix of antifreeze (coolant) and water inside your radia-

tor. This will prevent the mixture from freezing even at ridiculously cold temperatures. It's easy to check the status of the mixture with an inexpensive antifreeze tester, which you can pick up at any auto parts store. If the mixture is off, your cooling system should be drained and refilled or flushed. Be sure you're equipped to dispose of your old antifreeze properly if you do this job yourself. It can't just be poured down the drain.

- ❖ Prepare an emergency kit. Store this stuff in your trunk during the winter months, especially if a road trip is in your future. Also, keep the gas tank as full as you can to prevent the gas lines from freezing.
- ❖ Know what to do if you get stranded. Don't wander away from your car unless you're completely sure about where you are and how far away help is. Light two flares and situate them at each end of your vehicle to call attention to your plight. Put on the extra clothes and use the blanket to stay warm. If you have enough gas in the tank, run the engine and heater for about 10 minutes for each hour you're waiting for help. Leave at least one window open a little bit so that snow and ice don't seal the car shut. Suck on a hard candy to prevent your mouth from getting too dry.

(Courtesy of www.wintercarcare.com)

Pope Embodies Holiday Spirit

By Col. John McDonald
43rd Airlift Wing Commander

The holiday season is in full swing, and as always, Pope is in the middle of some great events that impact not only our families, but Fort Bragg, and our outstanding surrounding communities.

Operation TOY DROP, an annual Team Pope/Fort Bragg tradition, kicks off tomorrow at 9:30 a.m. The aim of TOY DROP is to provide toys for some of our kids, others at Fort Bragg and still others throughout the local area.

The airdrop takes place on Saturday at Sicily Drop Zone, and you can provide critical assistance to the event before and during the airdrop.

Starting today at 7 a.m., jumpers are registering and dropping off their gifts at Pax Shed No. 3, which is located across from Bldg. 900. The toys will be wrapped as part of Operation TOY WRAP which begins tomorrow at 9:30 a.m. in the same location.

Active duty personnel, retirees, civilians and family members are all welcome to participate in this volunteer effort. Your spirit of giving is crucial to providing Christmas morning smiles to many deserving children.

If you would like to watch the airdrop, bleachers will be available at Sicily drop zone. Come out and support Team

Pope and Fort Bragg as we collaborate to guarantee the success of this annual event.

Special thanks to Mr. Harris Luther, 43rd Operations Group, along with Master Sgt. Danny Davis, 3rd Aerial Port Squadron First Sergeant, and their team of volunteers for making this fantastic event a success. If you can volunteer, call Sergeant Davis at 394-7224.

Now, keeping in the spirit of giving, I was ecstatic but not surprised with Monday's news that all of the Angels had been taken from the Chapel's Angel Tree. This is simply another example of Team Pope taking care of our own — this is who we are and what we are all about. And as a result next Friday's Toy Trot will be that much more exciting. The event is designed as a fun way to provide for the needs of many children this holiday season, so challenge each other in the gift giving process and bring your A-game to the run next week! I have no doubt that this year's Toy Trot will set the standard as another great Pope Holiday tradition. Another aim of the event is to ensure the Company Grade Officers Council and the Pope Chapel is busy collecting gifts on Wednesday before we run! And though everyone is a winner when we support this type of activity, the Company Grade Officers Council has come up with a creative method of determining the day's "competitive" winner for the run on Friday.



PHOTO BY MASTER SGT. VICKI JOHNSON

Col. John McDonald, 43rd Airlift Wing Commander, serves turkey to Airmen 1st Class Dale Richardson from the 43rd Communications Squadron Nov. 27 at the Kitty Hawk Dining Facility. The Kitty Hawk was open from 11 a.m. to 6 p.m. and wing leadership served Thanksgiving meals to Airmen and their families.

With everything going on, and as we all attempt to balance different demands, it is easy to feel overwhelmed. To combat this, I need you to not only watch for your own signs, but be aware of the folks around you; this is important throughout the year, but especially during the holidays, when people may find themselves feeling lonely or missing their loved ones. This time of year brings about different emotions in people and if you find yourself in a situation

where you have feelings that you cannot explain — like your children are excited, but you can't get in the holiday spirit — know this is not uncommon and there are members of Team Pope available to help.

Next week I will hold the final Wing Commander's Calls of the year. I can't wait to visit with you Thursday and I hope you'll have plenty of questions and feedback so we can get off to a great start in 2009.

Many of you will be taking

leave over the next few weeks, and I can't stress enough that proper preparations will add to your plan for successful and safe travels. Make sure your supervisor is well aware of your plans.

Lastly, remember as a Wingman, Leader and Warrior your Individual Actions Matter! Always reinforce our pledge— I AM responsible, I AM accountable, and I AM going to make a positive difference!

Commander's Helpline

394-HELP (4357)
commanders.helpline1
@pope.af.mil

The Commander's Helpline is your direct link to Col. John McDonald, 43rd Airlift Wing commander.

If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to commanders.helpline @pope.af.mil.

Helpful numbers

Emergency (Base Phone/home phone)	911
Cell Phone	394-0911
Law Enforcement Desk	394-2800/2808
Helping Hand Hot line	394-2777
Crime Stop	394-4111
Pope Clinic	394-4258
Pass and Registration	394-2694
Security Forces	394-2800
Legal Office	394-2341
Chapel	394-2677
Military Personnel Flight	394-2276
Pope Club, collocated	497-4031
TRICARE Customer Service	1-877-TRI-CARE
Civil Engineers	394-2821
Inspector General	394-2302
Family Support Center	394-2538
Child Development Center	394-4323
Kitty Hawk Inn Dining Facility	394-4377
Housing Management	394-4867
Bowling Center	394-2891
Fitness Center	394-2671
Finance (Military Pay)	394-4628
AAFES Shopette	497-8181
Public Affairs	394-4183

Vigilance: no rest for weary, wicked need none

By Maj. Yancey Cowen
43rd Force Support Squadron Commander

As many of us were preparing to give thanks and break bread with friends and family, armed terrorists were murdering their way ashore in Mumbai, India.

At least 10 gunmen arrived by small craft executing an operations plan that was timed to ensure maximum devastation.

The Wall Street Journal characterized the effectiveness of these attacks like this:

"[p]ieced together from interviews with dozens of witnesses and officials, this account of the three days of the battle for Mumbai shows just how a small but ruthless group of skilled militants, attacking multiple targets in quick succession, managed to bring one of the world's largest cities to its knees.

The human toll — currently at 174 fatalities, including nine terrorists — was exacerbated by the Indian authorities' lack of preparedness for such a major attack.

But the chain of events also points to just how vulnerable any major city can be to this type of urban warfare."

The small craft landings and some of the boat

captures at sea were witnessed by at least three people...who promptly did nothing.

Couple this with the lackluster and ineffectual response by authorities in the city and the Indian federal government allowed the terrorists to assault multiple locations, most associated with western tourists and all at the peak of their business, facing no resistance.

The terrorists even succeeded in sneaking up to and killing the state of Maharashtra's antiterrorism chief, Hemant Karkare, in his own vehicle.

To give you some idea of the timeframe, the attacks began Wednesday night around 8:30 p.m. local time, but organized Indian resistance did not arrive until Friday morning around 7 a.m. local time.

Now, the above is meant in no way as an indictment of the Indian federal response nor the civilians who witnessed it and took no action.

The world's most populous democracy deserves and will receive our unconditional support in the coming recovery period.

Recreation and mourning are the unfortunate second and third order effects of a cowardly and bloody attack of this

We must be willing and to place ourselves in harm's way ... and prevail.

kind that destroys so much. Rather, this should serve as a very sobering and focusing life lesson.

Perpetual and untiring vigilance by each of us is the cost of staving off these unthinkable events. We are the first line of defense against such things...and to employ an overused cliché, we are all sensors.

Each of our units has a unit antiterrorism monitor and each month we all receive training on actions to take in the event of such an attack.

Further, our wing anti-terrorism monitors and security forces employ random anti-terrorism measures every day designed to foil any intrusion attempts and harden our base such that it is no longer a viable option for attack.

These are not just inconvenient additional duties. These could very well represent lifesaving techniques that once undertaken demonstrate their greatest success when nothing happens.

The RAMs and our individual vigilance test the old saying of "absence of evidence doesn't mean the evidence of absence."

Vigilance is unfortunately very expensive in terms of effort and time. We have not been attacked in the United States since 2001, but our allies and embassies have not been so lucky. The threat is real, the enemy is live.

The tactics, techniques and procedures employed by our adversaries are flexible, adaptable and completely devoid of mercy. What was successful today could very well blind us to the shift in focus or employment of forces tomorrow.

We must all maintain our level of readiness, our speed of response and a complete willingness to run toward the sound of the guns.

To paraphrase Lt. Col. David Grossman: We cannot afford to be sheep, nor will our society allow us to become the wolves. We must therefore be sheepdogs willing and able to place ourselves in harm's way...and prevail.

Wingman of the Week

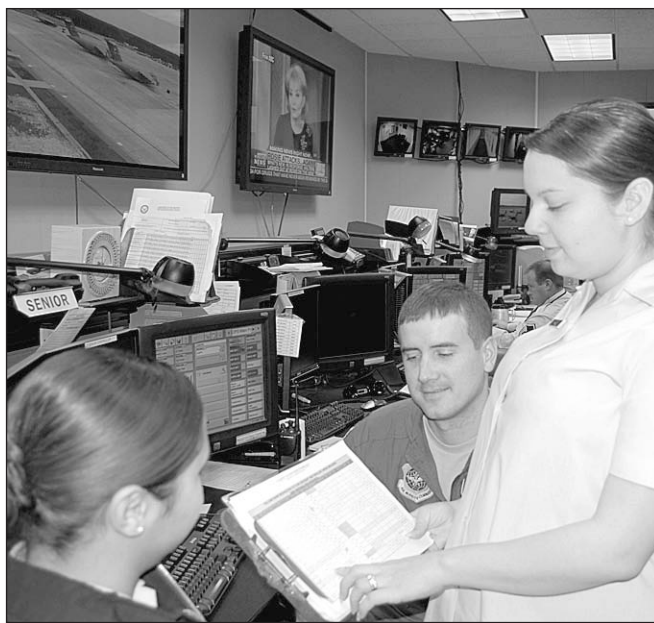


PHOTO BY EMILY FARRINGTON-SMITH

Senior Airman Lucia Holly (standing), 43rd Airlift Wing Command Post, briefs the daily flying schedule with Airmen 1st Class Yesenia Maldonado and Capt. Peter Anderson.

Senior Airman Lucia Holly 43rd Airlift Wing Command Post

Job description: I work in the 43rd AW Command Post to coordinate efforts to properly prepare, launch and recover all aircraft that travel through Pope.

Date entered military: Jan. 24, 2006

Reason entered military? To better myself, serve my country and pay for my education

Who has been the most influential person in your career? My father. He spent 23 years in the military.

Short term goals: I would like to study to make Staff Sergeant.

Long term goals: I would like to earn a college degree. **What do you think is the best thing about Pope, and why?** The awesome support I receive from the people I work with.

If you could change one thing about Pope, what would it be, and why? I would like the Fitness Center to be open 24 hours for shift workers.

CAROLINA FLYER

public.pope.af.mil

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Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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The public affairs office staff reserves the right to edit all submissions.

Visit the Carolina Flyer Web site at public.pope.af.mil.



U.S. AIR FORCE

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Ballet teaches both grace and grit

By Emily Farrington-Smith
Staff writer

For the third year in a row, Pope's own Mason Maxwell, 11-year old daughter of Lt. Col. Robert Maxwell of the 3rd Aerial Port Squadron, is dancing in the North Carolina State Ballet production of 'The Nutcracker' directed by Charlotte Blume.

Colonel Maxwell and his wife, Theresa, are most proud of their daughter's accomplishments.

"This is her third year dancing in 'The Nutcracker,'" Colonel Maxwell said. "It's been really amazing to see how she's progressed up the ranks of the dance company, and how much she's grown and improved in her dancing.

"I love how she has really developed into such a graceful dancer," he said. "She really lights up when she's dancing."

This year, Mason is dancing a few different characters. "I have a few different parts," she said. "I play one of the 'bad boys' in the party scene, I am one of the 'Twin Dolls' and one of the flowers in the 'Dance of the Flowers'."

Being in such a recognized performance does require a lot of rehearsal time, and in the midst of this bustling holiday season, the Maxwells make the best of it. "It does take up a lot of time, especially this time of year," Colonel Maxwell said. "But all the driving back and forth to dance class gives us good one-on-one time. That's not always easy to do with six kids."

"Being in a dance company like this has shown her how even the smallest parts are important and everyone has to work together for the show to be perfect," he said. 'As hard as it is, she has stuck with it without my wife Theresa or I having to push her to go to dance ... even when she's not



COURTESY
Mason Maxwell (left), 11, daughter of Lt. Col. Robert Maxwell, 3rd Aerial Port Squadron, with Vanessa Hopkins, perform as "Twin Dolls" in the North Carolina State Ballet production of "The Nutcracker" at the Cumberland County Crown Center Memorial Auditorium in Fayetteville.

particularly motivated."

All in all, ballet helps to build Mason's character. "Ballet is tough," Colonel Maxwell said. "Mason has to deal with the physical pain of pointe shoes and muscle aches, but she keeps on going.

But above all, above the long drives to practices several days a week and above the aches and pains, no matter how sore her feet are or when she does indeed have days where she's not particularly motivated, Mason still loves to dance. "I hope to be a professional dancer one day," she said. "I want to be able to teach dance to other young girls."

Public performances are Sunday at 3 p.m., as well as Dec. 13 and 14 at 3 p.m. Tickets can be purchased at the Crown Center Coliseum box office or online. For more information visit the Crown Center box office at www.crowncoliseum.com/events or call 483-4100.

Shoot for safety this hunting season

By Safe T. Guru
43rd Airlift Wing Safety

Fall brings changing leaves and changing weather, as we're all aware. Fall also brings a host of other changes in the form of changing habits.

Animals become more active as the weather changes and some of us like to go deep into the woods to see if we can scare up some fine specimen to mount on our wall and call a trophy.

It's a great thing to get back to nature and enjoy the peace and solitude of a crisp morning on the hunt. It's early to rise and off we go into the woods in search of our previously prepared tree. We quickly find it and make our way up, up, up the trunk to that perfect height, where we can see for a square mile. There's no chance we'll be seen here and even less chance the smell of this morning's breakfast on our clothes will be smelled by our "trophy."

For many hunters, the ritual is always the same. It's often dark, generally cold, and oh so invigorating to make our way up into the tree we'll be calling home for the next few hours.

The reality is that one in three of us will end up slipping and falling from our tree stand at some point in our hunting lifetime; a fall from sometimes unbelievable heights. Fact is that it only takes a very short fall distance to cause permanent or life ending damage to our bodies.

Falling from normal perch heights most often ends up being fatal.

Here are some tips to avoid doing what so many of us seem to want to do! First, always use a tether or strap to attach your body directly to the tree. Climb up the tree, leaving your roped up, unloaded firearm on the ground below you. Once you reach your perch, ensure you're secure and adjust your tether to prevent you from falling. Raise your unloaded firearm up to you and enjoy your stay.

Don't forget to do the opposite on the way down. If you're using a semi-permanent or permanent stand, always use a three-point climb, attach your tether when you reach the perch, and never climb with a loaded firearm. It goes without saying, that one should always be certain of their target before firing and always wear the proper visible safety gear.

Drivers beware! Animals, especially deer, stir early in the morning and late in the afternoon in search of food as the weather changes. Be alert on those early morning drives into the office and on your way home.

Sometimes deer will graze along the roadways and appear relatively stable and calm. What if that hunter fires off a round just as you're approaching, the deer startles, and jumps into the path of your speeding car? The best way to avoid this situation is to slow down and take it easy as

you're passing by. It doesn't take much to startle animals along the highway, so it's imperative motorists heed animals to avoid the dangers of hitting them with their vehicles and potentially injuring themselves in the process. High-speed deer collisions often spin the deer up and into/or through the windshield into the vehicle's cabin. Many times, the deer are only injured and they fight violently to escape the confines of the vehicle, further injuring motorists.

What about those of us out for an evening stroll or a morning run before heading off to work? We need to think safety too! The key is to be visible to hunters. What may seem to be a quiet backroad, may in fact be the gauntlet between several different hunters. Not every hunter exercises patience and common sense. We've all heard of the one guy in the crowd who heard a deer and shot it...let's hope we're not that deer!

Always wear bright clothing when you're out walking or jogging, especially in secluded wooded areas. Avoid colors that make you look like a trophy! Tans, browns, and whites are all in this category...avoid them at all costs during hunting season.

So, there you have it. There's something to be learned by all of us when it comes to hunting season!

I hope you have a safe and enjoyable end to the fall season. Remember to Fall Back on Safety!

Pope talks

By Staff Sgt. Jon LaDue
Staff writer

“How do you plan to stay out of debt this Holiday Season?”



“I will try not to use credit cards and just use money put aside throughout the year for the holiday season.”

— Staff Sgt.
Bryan Sanders
2nd Airlift Squadron



“I will make sure all of my bills are paid and make a list and stick to it.”

— Airman 1st Class
Anna Bily
43rd Aeromedical
Evacuation Squadron



“I will stay within my spending budget.”

— Capt.
Chandra LeCompte
18th Weather Squadron



“I don’t use my credit card. I already have money set aside for all the presents.”

— Capt. Anthony McKinney
2nd AS

Can you beat the Pro?

Week 14

Maj. Michael Kwasnoski
43rd Comptroller Squadron
Commander



The more you play the better your chances to win the grand prize of 2 tickets to Super Bowl Bingo

The 43rd Airlift Wing Public Affairs office and 43rd Force Support Squadron are hosting this years “Beat the Pro.” Each week during the professional football season, a senior member of wing leadership will pick the winners of five pre-selected games. Their picks will be published each Friday before the games are played. Pope Airmen, family members and civilian employees will have a chance to match wins with the ‘pros’ each week. Just select your picks for the week and submit them before games kick off Sunday. Any submission received after the start of the first game on Sunday will not be accepted. Contestants should e-mail their picks to carolina.flyer@pope.af.mil. The contestants each week who’ve correctly selected more winning games than the ‘pro’ will be published in the following week’s paper and win a prize.

Week 13 Results

Pro: Maj. Jonathan Wright
Winner(s):
James Koch, Levon Atterberry
Tied:
Brandon Johnson, Kelley Koch,
Brenda Atterberry

4 correct picks
5 correct picks
4 correct picks

Pros Picks for Week 14

Philadelphia Eagles over New York Giants
Buffalo Bills over Miami Dolphins
Minnesota Vikings over Detroit Lions
New Orleans Saints over Atlanta Falcons
Green Bay Packers over Houston Texans

GSA Smart Pay 2 Transition

By Carrie Nelson
43rd Contracting Squadron

The GSA SmartPay Program Office has awarded a new contract for the Air Force’s Government-wide

Purchase Card (GPC) program. The old contract expired at 11:59 p.m. Nov. 29. New SmartPay2 Government Purchase Cards have been shipped and are active for use now.

Individuals should anticipate two billing statements for the month of December – one

for the outgoing SP1 and one for the incoming SP2. Any cardholders whom have not received their card should contact either Carrie Nelson at 394-6290 or Brittany Burgess at 394-6276 at the GPC office.

News

Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there's a need to extend the publication of the brief, call the editor at 394-1723.

■ Christmas special:

Pope members are invited to attend a showing of “The Night Before Christmas” Sunday at 3 p.m. at the Cleland Ice Rink. Admission is \$3. Refreshments and snacks will be available. For more information, call 396-5217.

■ **Phishing scam:** Currently there is a new Citi Bank phishing scam going around labeled "New Citybank GTC Card." Please do not open the attachment. Remember, Citi Bank will not solicit any information from cardholders regarding the Government Travel Card via email. The email is a phishing scam. This type of scam is a constant threat to personal information security. Please be aware that legitimate companies do not send email requesting sensitive information. The link below is an excellent way to test and increase your ability to identify scams. It takes less than five minutes. Pope personnel are encouraged to give it a try.

Go to <http://www.consumerreports.org/cro/electronics-computers/resource-center/cyber-insecurity/phishing-interactive.htm>.

■ **New In-service recruiter:** Tech. Sgt. Tom Leguin is Pope's new in-service recruiter. Individuals who are interested in contacting him regarding reserve assignments, palace chase and palace front opportunities and more, should call 394-1099.

■ **Theater closing:** The Pope Theater is closed through Jan. 10 for all events including movies. The ceiling has to be pulled down due to a system installation, and the auditorium will not be usable. If the construction completes before Jan. 10, Pope members will be informed of the new date. For more information, call Steven Rigby at 394-4099. The Bragg/York Theater reopens for business today. Check the AAFES Web Movie Listings for the weekend.

■ **FAP:** The Family Advocacy Program provides education and support services to active-duty Airmen and their family members. These classes include marital counseling, parenting classes, anger management, family violence prevention trainings, family maltreatment counseling and classes which cater to individual needs. Other services and referrals are available as needed. There is also the New Parent Support Program which provides home visits and education to parents who are expecting their first born and those with children ages newborn to 3 years.

■ **Self-empowerment classes:** The Family Advocacy Program is offering self-empowerment classes on a rotating schedule every Tuesday from 2 to 3:30 p.m. The rotating classes are effective communication, anger management, sleep disorder management, assertiveness training and stress management. For more information or to register, call 394-4700 or e-mail elizabeth.walcott@pope.af.mil.

■ **Removable flash media restriction:** All network users are directed to sus-

pend the use of removable flash media (thumb drives, camera flash memory cards, memory sticks, etc.) until further notice. Also prohibited is the use of personal devices (PDAs, blackberries, CDs, DVDs, etc) with any DoD information systems. For example, individuals are not allowed to burn a CD at home and use it in a government computer. Government controlled CDs and DVDs are the only media authorized to sneaker-net files between government systems. These items should be scanned prior to use. To meet mission needs, the best way around work issues at this time is to burn the information to CD. If you have any problems with the CD creation software or equipment, call the CSA Center at 394-3272 or Master Sgt. Clarence Howard at 394-2153.

■ **ITT:** The Pope Information, Tickets and Travel office has received a special offer from the Walt Disney World Resorts in Orlando, Fla. Special room rates are being offered for active and retired military members on select Walt Disney World value resorts in a standard room. A 40 percent discount is available on a limited number of rooms at Disney's Pop Century Resort, Disney's All-Star Movies Resort, Disney's All-Star Sports Resort and Disney's All-Star Music Resort.

The following is the date this offer applies: Dec. 14 through Dec. 24. Active and retired military personnel must present valid ID at time of check-in. Military members may save 40 percent by making reservations through the Pope ITT office Monday through Friday from 10 a.m. to 5 p.m.

The Pope ITT also has discounted movie passes for the Cameo Art House Movie Theatre located at 225 Hay Street in downtown Fayetteville. Ticket price is \$7.75 per person and can be used at any showing. The Cameo Art House is currently showing “Quantum of Solace” (PG-13) and “Australia” (R). Check their upcoming film schedule at www.cameoarthouse.com.

■ **ALS Graduation:** Class 09-A will graduate with a banquet at the Pope Club Dec. 12. Military uniform is UOD for military members or business-casual clothing for civilians. For

more information contact the Airman Leadership School at 394-4374/4370.

■ **Honeycutt Road traffic delays:** Honeycutt Road on Ft. Bragg is reduced to two lanes beginning at 5 a.m. to 9 p.m. Monday through Friday until Feb. 1 to allow for the completion of the Honeycutt Road Widening Project. Eastbound Honeycutt Road traffic will be diverted at Knox Street to Gruber Street and then out through the East Gruber Gate beginning Tuesday from 5 a.m. to 9 p.m. to allow traffic flow in East Fort Bragg. Honeycutt Road will be a single lane two-way traffic on weekends beginning Friday night at 9 p.m. through Monday mornings at 5 a.m. The Gruber Gates will be closed during these periods. For more information, contact James Polhamus at 432-5300 or james.polhamus@us.army.mil

■ **AFAS:** The Air Force Aid Society can help combat the soaring cost of higher education for your children. Under its General Henry H. Arnold Education Grant Program, the AFAS awards \$2,000 each to selected applicants. The program continues to be offered to dependent sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20-plus qualifying years of service, and deceased Air Force members. Spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty, and surviving spouses of deceased members are also eligible candidates. For more information and application, visit the AFAS Web site at www.afas.org.



Community Corner

Santa's Attic

The A&FRC is having a Santa's Attic Dec. 15 from 4 to 7 p.m. All children of Pope active duty members, those who attend Pope Elementary and children of the 440th Airlift Wing who are 2 to 10 years old are eligible to participate. They can take a picture with Santa and, with the help of Santa's helpers, they can shop for a gift to give to mom or dad. There will also be crafts and snacks available. To register, call the A&FRC by Wednesday. Registration is \$5 per child, and E-5 and below shop for free.

Pre-deployment briefing

This briefing occurs every Tuesday and Thursday from 2:30 to 3 p.m. and is required for all members who are preparing for a deployment. Spouses are highly encouraged to attend. Learn who can help assist your family while you are deployed. These briefings are designed to help alleviate some of the difficulties associated with deployments or remote assignments. For more information or to make reservations, call the A&FRC at 394-2538.

Transistion Assistance workshop

The A&FRC is offering a three-day workshop, Monday through Wednesday from 8 a.m. to 4 p.m., designed to assist those transitioning out of the military with how to apply their skills in the civilian sector. This workshop is a joint effort between the DoD, Department of Labor, and the Department of Veterans Affairs. It's free and recommended at least 180 days prior to leaving the military. Individuals must attend the mandatory ninety minutes pre-separation briefing prior to registering for this workshop. To register, call the A&FRC at 394-2538.

Pre-separation briefing

This briefing is required by Public Law for all separating/retiring members 90 days prior to date of separation/retirement. It is held every Monday for retirees and every Wednesday for those separating beginning at 8 a.m. Reservations are required. For more information, call the Airman and Family Readiness Center at 394-2538.

Recognition of the Week

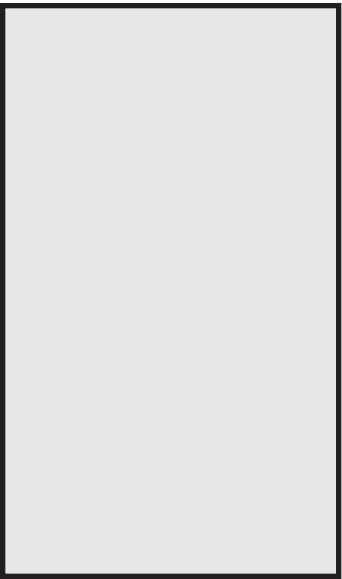
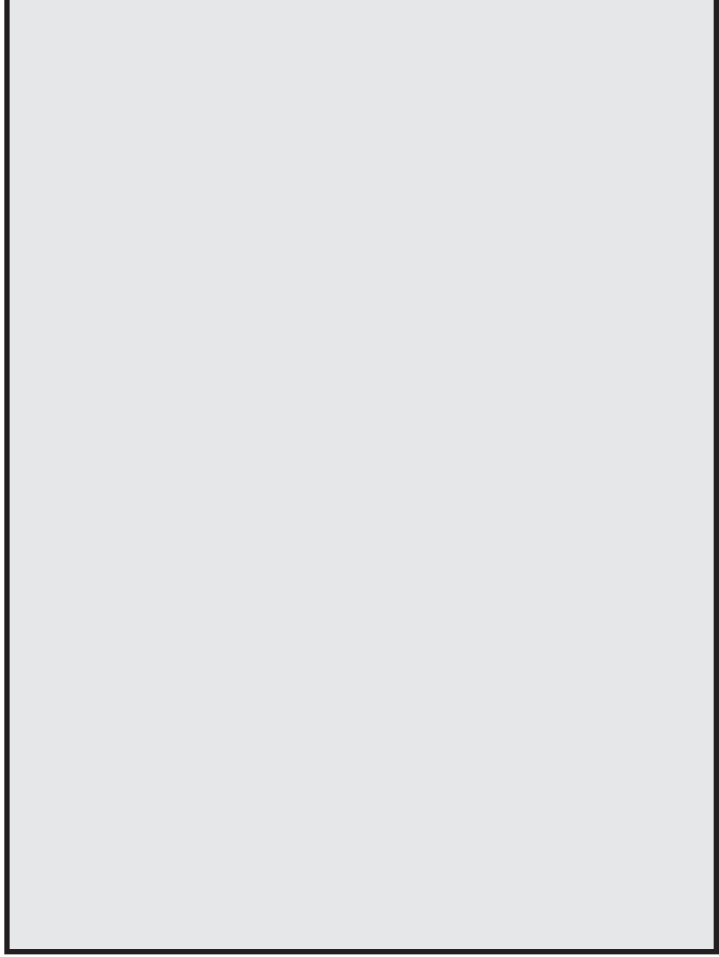
Congratulations to the crew of Glide 51, AMC's nominee for the Air Force Chief of Safety Aircrew of Distinction Award. **Capt. Mason MacGarvey**, aircraft commander, 2nd Airlift Squadron, **Capt. William Rodriguez**, copilot, 2nd AS, **Capt Kevin Stefanich**, navigator, 2nd AS, **Staff Sgt. Nick Blackerby**, engineer, 2nd AS, **Senior Airman Cravenko Khamone**, loadmaster, 2nd AS, and **Airman 1st Class Chris Hunts**, loadmaster, 43rd Operations Support Squadron, ensured all 38 on board walked away safely from an emergency landing shortly after take-off in Iraq.

Their quick thinking and

perfect performance in the most-difficult of situations is an inspiration to the men and women of AMC, and we wish them the best of luck at the AF-level competition.

Congratulations to **Master Sgt. David W. Sharp** on his

selection as the runner up for Air Mobility Command's Outstanding Security Forces Staff Level SNCO of the year. His achievements in garrison and deployed earned him this distinction. His efforts are showcased daily here at Pope and now appreciated by AMC.



Outside the gate

Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run four weeks or until the event occurs.

■ **Secret Santa workshop:** Fayetteville's first Secret Santa workshop is Saturday from 8 a.m. to noon at the Holiday Inn Bordeaux. This money saving opportunity is for the whole family to shop for quality gifts that are easy on a budget. This workshop is free to enter. Parents may sign their children up to work with an "elf" at the elf station and take pictures with Santa Claus. Free giveaways will also be available for the whole family. For more information, call 910-424-2737.

■ **Letters from Santa:** The Spring Lake Recreation and Parks Department's annual letters from Santa campaign has begun and continues through Dec. 12. Letters are free to children infant through 12 years old. To receive a free, personalized letter from Santa, call 436-0011 ext. 237 or stop by their offices at 245 Ruth Street.

■ **Mountain Bike Trails:** Available from sunrise to sunset all year round at Smith Lake. Challenge your skills on the mountain bike trails! Three separate trails are available for beginner to expert bikers. Mountain bike rentals are available. Helmets are required. Daily rate is \$5 and a yearly pass is \$20. For more information call 396-5979.

■ **Kayak Tours:** Enjoy the beauty of our scenic waterways in Cumberland County. Lake Rim Park is offering interpretive kayak tours of Lake Rim Dec. 22 from 10 a.m. to noon. The cost is \$20. All Equipment is provided. Pre-registration is required and space is limited. Call to register, for times and more information at Lake Rim Park at 424-6134.

■ **Fly Fishing:** Fayetteville-Cumberland Parks and Recreation and the N.C. Wildlife Resources Commission are teaming up again to bring you our annual fly-fishing clinics. Beginner classes will be offered Jan. 10, Jan. 24 and Feb. 7. An advanced class will be held Feb. 21. The classes are from 9 a.m. to 3 p.m. The cost is \$5 and pre-registration is required. The clinic is open to ages 12 years and older with a participating adult. All equipment provided, but bring a brimmed hat and eye protection. This event is held at the John E. Pechmann Fishing Education Center. For more information call Lake Rim Park at 424-6134.

■ **A Christmas Carol:** A Christmas Carol is a Victorian morality tale of an old and bitter miser, Ebenezer Scrooge, who undergoes a profound experience of redemption over the course of one night. The show will be at the Gilbert Theater on Bow Street Friday through Dec. 14. For more information call 678-7186 or go to www.gilberttheater.com.

■ **Hope Mills Christmas:** The Hope Mills day starts at 8:30 a.m. Saturday with a chance to eat a \$4 pancake breakfast and visit Santa at the Hope Mills Recreation Center. The parade begins at 3 p.m. and ends on Cameron Road. After the parade is the 33rd Annual Festival of Lights that begins at the Lake Park on Main Street with cookies, hot chocolate and hay rides. For more information call 426-4107.

■ **Crusin' 4 Clothing:** The Fayetteville F-Body car club sponsors the event to benefit Fayetteville Urban Ministry from 10 a.m. to 3 p.m. at Market Fair Mall Saturday. Bring a donation to cruise,


along with items such as gently worn clothing and other goods to donate to the needy. Music, prize drawings and face painting for the kids will be part of the day. For more information call 257-2082.

■ **The Nutcracker:** The excitement of Christmas comes early when the North Carolina State Ballet presents the "Nutcracker" at the Crown Theater Dec. 13 and 14. It's an international and regional cast directed and choreographed by Charlotte Blume. Hong Yang and Wei Ni and guest artists will dance in the "Sugar Plum Fairy" and "Cavalier." Both guest artists are from China. This holiday classic continues the tradition of the timeless story of "Clara" and the enchanted "Nutcracker". The "Nutcracker," a gift given to Clara by her godfather Drosselmeyer, captivates Clara. As she falls asleep on Christmas Eve she is visited by the "Nutcracker" turned prince, and in her dreams she journeys through the "Land of the Snow" and "Land of the Sweets." Tickets for the "Nutcracker" may be purchased at the Crown Center Box office. Adults are \$14 and kids 12 & under are free. Complimentary children's tickets available at Harris Teeter. Curtain time is 3:00pm. For more information go to www.crowncoliseum.com.



ASK THE DOC

43rd Medical Group ... Healthy Forces • Healthy Families



Q: I live in base housing and have heard there are different numbers for requesting emergency medical response. Is this true?

A: The bottom line is, only when dialing from a cell phone does the number change. Picking up any phone and dialing 911 will get you what you need. However, a personal cell phone (because it isn't tied to the base network) will go to Cumberland County EMS first, then they relay the info to the "Base." As you can see, this may create a slight delay.

☐ Base EMS (dialing from personal cell phone).....	Dial 394-0911
☐ Base EMS (dialing from duty section)	Dial 911
☐ Base EMS (dialing from housing)	Dial 911
☐ Cumberland County EMS (from personal cell).....	Dial 911

Please send your questions to askthedoc@pope.af.mil. We look forward to hearing from you!

December Promotees

To Staff Sergeant:

14th Air Support Operations Squadron
Jeffrey Chiaramonte

2nd Airlift Squadron
Nickolas Alarcon
Shannon Ferguson

43rd Civil Engineer Squadron
Sean Bilodeau
Lamar Reece

43rd Communications Squadron
Morton Davis

43rd Logistics Readiness Squadron
Jesse Chapman

43rd Security Forces Squadron
Jackie Hammond

43rd Aeromedical Evacuation Squadron
Steven Guillen

43rd CS
David Manso

43rd Force Support Squadron
Latersa Frazier
Alicia Salazar

43rd LRS
Audreia Eubanks

43rd SFS
Christopher Lawton

AFELM USJFCOM
James Young

17th Air Support Operations Squadron
Neil Adams

AFELM SOCOM JSOC
Candace Wagner

24th Special Tactics Squadron
Troy Bowers

43rd Aircraft Maintenance Squadron
Edward Nowak

43rd Airlift Wing
Pleshette Pridgen

43rd Contracting Squadron
Lisa Boyd

1st Special Operations Group
Charles Halcome

342nd Training Squadron
Laura Keel

To Senior Master Sergeant:

Data Masked
Laura Klaczyk
Shane Pilgrim

43rd AW
Kim Madison

AFELM SOCOM AVTAG
Thomas Mazzone



PHOTO BY EMILY FARRINGTON-SMITH

Decorating Pope Club

Julie Martin decorates the Christmas tree inside the Pope Club foyer Nov. 25 at the Pope Club. Mrs. Martin, along with many other Pope spouses, devoted the afternoon to decorating the Pope Club for the holiday season.

DID YOU KNOW?

Any Team Pope member is eligible to submit articles and photos to the *Carolina Flyer* at carolina.flyer@pope.af.mil or by calling 394-4185.



PHOTO BY TECH. SGT. TODD WIVELL

Greening of the Chapel

John Bittenger places the star on the top portion of the Chapel Christmas tree Nov. 29 at the Pope Chapel. Members from the Protestant and Catholic communities gathered to decorate the Chapel for the upcoming holiday season.

Visit the ***Carolina Flyer*** online at

<http://public.pope.amc.af.mil>

Developing AIRMEN



Course “reblues” Airmen Focuses on team building

Tech Sgt. Todd Wivell
Editor

The slang term “rebluing” means to take a member of the military and refresh them on the ways of the Air Force. It is a tool used almost every day by supervisors across the Air Force and ensures our Airmen stay on top of their game. Several ways to “reblue” an Airman can be done with one-on-one counseling, commander’s calls or classes like Airman Leadership and Non-commissioned Officer Schools. Another tool that is being used Air Force-wide is the Airman and Professional Development Course.

Recently 21 Pope Airmen went through a two-day APD course at the Pope Airman Leadership School and were “reblue’d” back into the Air Force.

“This course is important because it gives the students information about the Air Force outside of their normal scope,” said Tech. Sgt. Ronald Ahlstrom, 3rd Aerial Port Squadron and APD course instructor. “Supervisors mentor Airmen everyday in regulations surrounding their Air Force Specialty Code but so often the regulations concerning Enlisted Performance Reports, dress and appearance and the core values are overlooked until they are ready to attend Professional Military Education classes. This course gives Airmen the knowledge they need to assist them in taking an active role in their careers.”

This course included instruction on dress and appearance, teambuilding, a physical training session and a senior NCO and chief’s board along with many other classes.

“There was a senior airman that had a minor uniform infraction and he identified himself while I was teaching the dress and appearance class,” said Tech. Sgt. Jennifer Nuy, 43rd Operations Support Squadron and APD course instructor. “Some of the other students called him out for ‘ratting’ himself out. I didn’t see it that way – Sergeant Ahlstrom had just spoken about taking responsibility for you. I think this Airman stepped up and it took a lot for him to do that. It said a lot about his character and his willingness to admit that he was out of regulations – he corrected his infraction before the end of the day.”

Both Sergeants Ahlstrom and Nuy said they felt the 21 students had learned a lot from this course. There were numerous comments about how the Airmen had learned things they weren’t aware of. “The overall reaction was everyone enjoyed the course and the information passed along in some of the courses like dress and appearance and the enlisted evaluation system,” said Sergeant Ahlstrom.

The next APD seminar is scheduled for February 2009 and nominations for this class will be through each unit’s first sergeant. For more information, call Master Sgt. Sylvia Ford at 394-4309.



PHOTO BY TECH. SGT. TODD WIVELL



PHOTO BY TECH. SGT. TODD WIVELL



PHOTO BY TECH. SGT. TODD WIVELL



The Airman’s Creed

*I am an American Airman. I am a Warrior.
I have answered my Nation’s call.
I am an American Airman. My mission is to Fly,
Fight, and Win. I am faithful to a Proud Heritage, A
Tradition of Honor, And a Legacy of Valor.
I am an American Airman. Guardian of Freedom
and Justice, My Nation’s Sword and Shield, Its Sen-
try and Avenger. I defend my Country with my Life.
I am an American Airman. Wingman, Leader, War-
rior. I will never leave an Airman behind, I will
never falter, And I will not fail.*

ILLUSTRATION BY IRVIN GOURDINE



PHOTO BY EMILY FARRINGTON SMITH



PHOTO BY EMILY FARRINGTON SMITH

Paving the way for new travel reimbursement process

WASHINGTON (AFNS) — Air Force finance officials are implementing ways to improve customer service to Airmen with process changes, said the director of the Secretary of the Air Force Financial Management Process Improvement and Integrations Office.

“This has been a rocky road for some Air Force travelers,” said Josephine L. Davis, SAF/FMPI. “Fortunately, process improvement and service delivery initiatives will improve travel reimbursement services.”

Air Force finance officials recently completed two separate Air Force Smart Operations 21 reviews to improve the travel and permanent change-of-station voucher processes.

Senior Air Force and Reserve command financial management leaders attended a travel voucher process AFSO 21 event at Robins Air Force Base, Ga., to conduct an end-to-end review of the travel voucher process.

“The active-duty, Guard and Reserve team identified and validated problems in the current processes and agreed on a future state process,” Ms.

Davis said. Some short-term solutions are now in place via a recent Defense Travel System software upgrade that improves government charge card usage.

This same upgrade implemented a pilot program with the Navy, results from which will be applied to improve travel voucher services to the Air Force Reserve and Guard communities.

Ms. Davis said the Robins AFSO 21 review also looked into improving the submission of PCS travel vouchers, services for deployed members, and ensuring Airmen aren’t over or underpaid.

A subsequent AFSO 21 review took place in September at Ellsworth AFB, S.D., to review and improve these processes.

Solutions in this area are also under way and will be implemented with DTS software upgrades scheduled to occur in 15 to 18 months.

Some Airmen may remember that in the past an Airman would visit the base accounting and finance office and work with a travel pay clerk to reconcile a travel voucher, according to Ms. Davis.

The Airman would leave the office with a cash reimbursement and a copy of their filed travel voucher.

“The process was functional and effective from a traveler’s perspective, but it was costly and labor intensive for the Air Force,” Ms. Davis said. “The cost and manpower requirements for such a process were not an issue in the past. However, times have changed due to federally mandated manpower reductions.”

In light of this changing fiscal landscape, two additional process improvement initiatives are currently underway to enhance financial service delivery to Airmen: the Financial Service Delivery Model and Defense Integrated Military Human Resources System.

“The primary objective of FSDM is to improve service delivery to Airmen through enhanced utilization of Web-based self service applications,” Ms. Davis said. “Click, Call, Walk” is the FSDM slogan.

With FSDM, Airmen will have:

- 24-hours, seven-days-a-week access to Web-based service for financial transactions;

- a toll-free number to a contact center when additional assistance is needed; and
- the ability to deal face-to-face with a base financial service technicians for those unusual financial transactions.

“Ultimately, FSDM will result in enhanced customer service and substantial return on investment for the Air Force,” Ms. Davis said.

Another initiative is DIMHRS, a Department of Defense program currently under development.

It provides the Armed

Forces with an integrated, multi-component, personnel and pay system that improve delivery of military personnel and pay services, according to Ms. Davis.

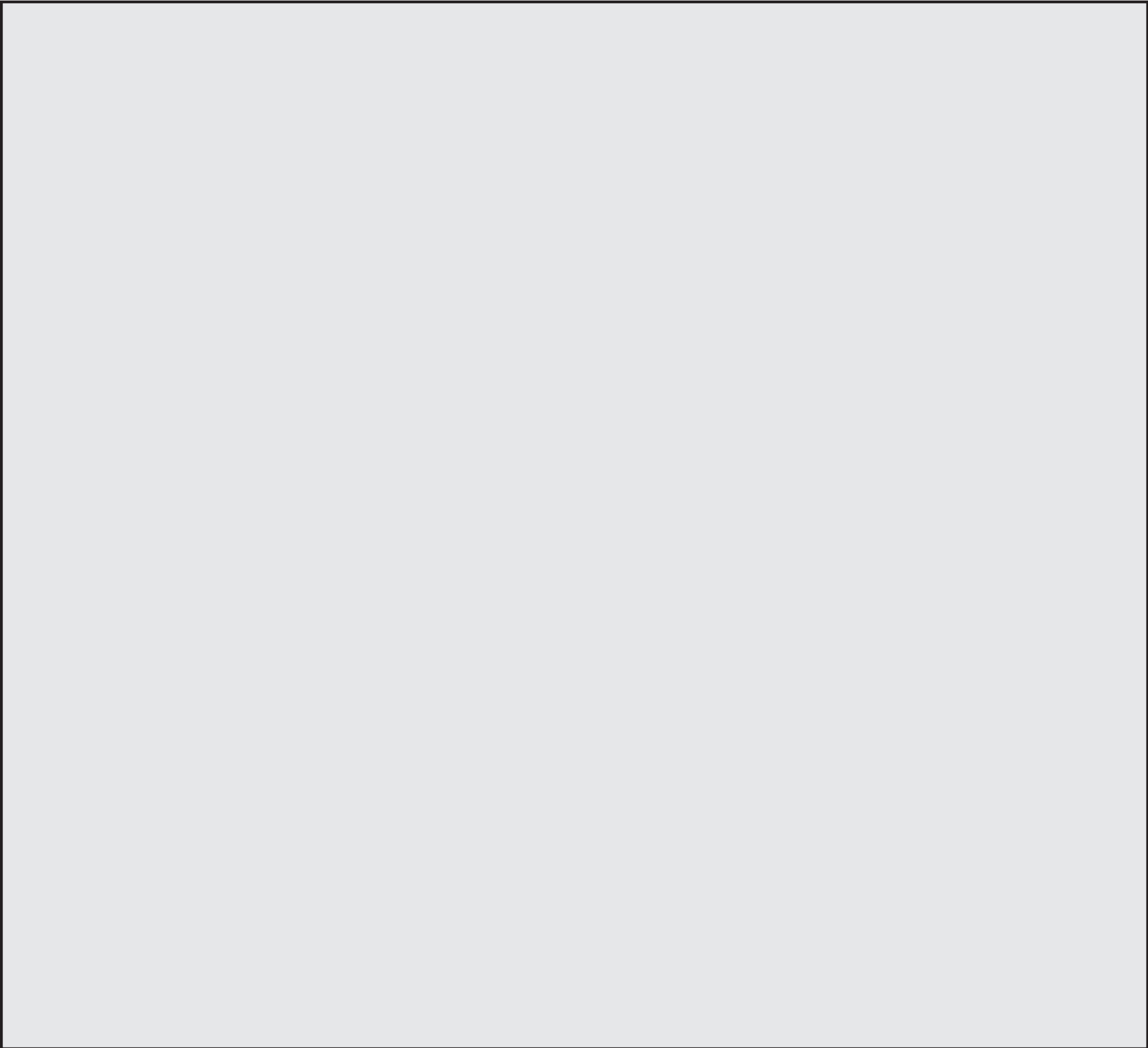
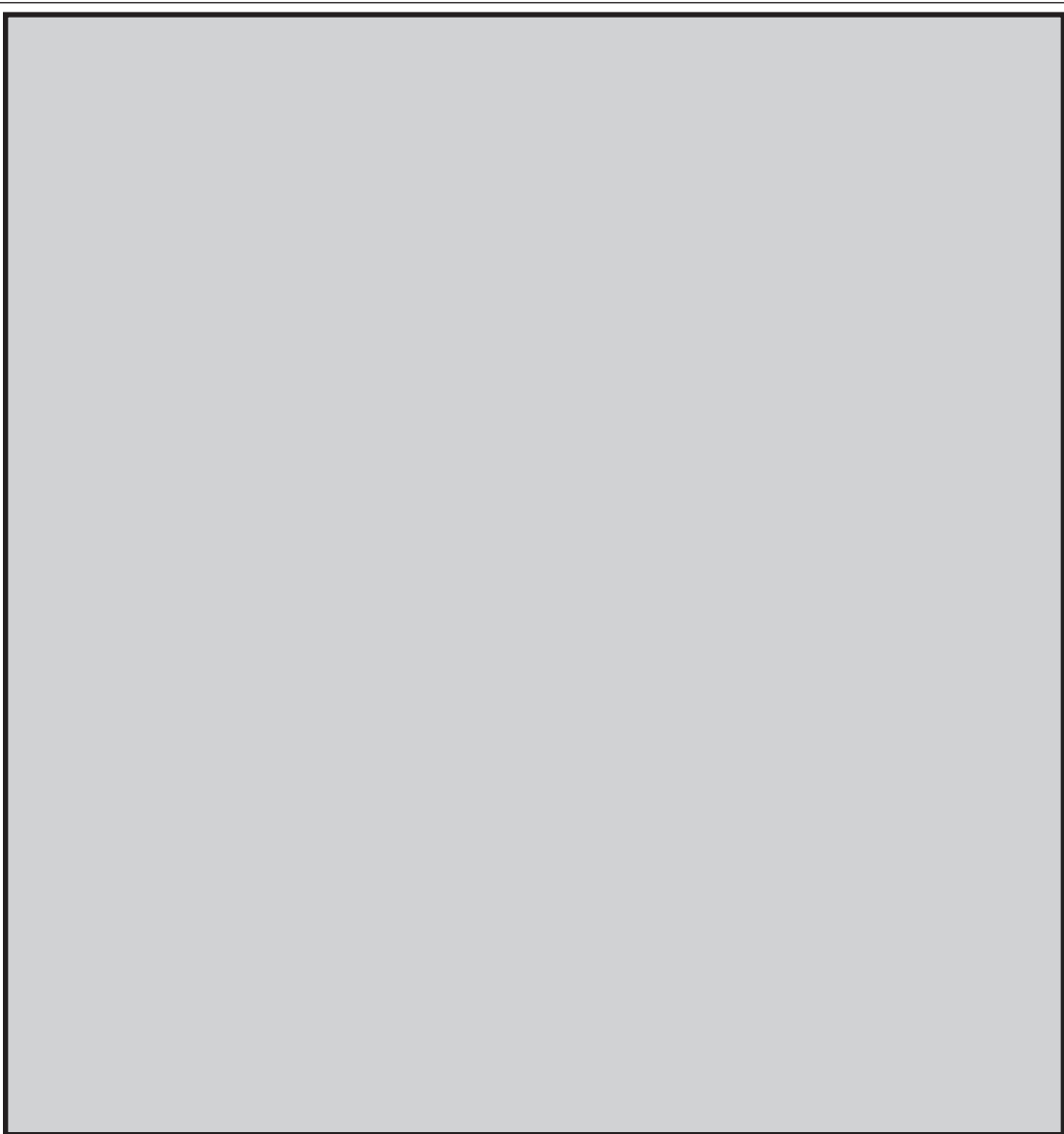
This system provides each service member with a single, comprehensive record that features self-service capabilities to empower them to update portions of their personal information, and initiate personnel and pay actions.

Finance officials listen to customer comments, Ms. Davis said. They heard such

comments as “I had to use my savings to pay my government travel card” or “I had to wait months for payment due to the huge backlogs.”

“These types of comments reflect a detrimental impact on our mission,” Ms. Davis said. “Air Force leadership takes them seriously, and continues to take steps to resolve members’ concerns.”

Additional information about the Financial Service Delivery Model and Defense Integrated Military Human Resources System can be viewed at www.dimhrs.mil.



Being alone during the holidays doesn’t mean being lonely

By Maj. Darrick Cunningham
43rd Mental Health Clinic

One thing to remember: There is no cure—all for the holiday blues, however it is important for you to understand that the only person in charge of how you “feel” is you.

It is not in your best interest to allow initial automatic negative thoughts to color how you feel. Understand the difference between the holiday blues and holiday stress. Holiday blues are feelings of loss or sadness because you can’t be with people who are special to you.

Holiday stress is often caused because you believe you need to be with some of those people. Feeling down is not all bad.

It allows you to see that something in your life is not working. If you listen to your depression, it may help you make changes in your life.

Embracing the “blues” in a positive way is a good thing.

No one wants to be alone during the holidays. And although you may not be in a position to do anything about being with the one you would rather be with, you can do something to help yourself focus on making yourself “merry” during the holidays.

A holiday alone does not have to be the end of the world. Here are a few suggestions to help you dodge the perils of solitude and radiate holiday cheer.

■ Limit your alcohol intake. If you are already feeling down, alcohol depletes the brain of serotonin, a chemical it needs to maintain normal mood. Alcohol is a depressant. The holiday season is one of the most dangerous times of the year for alcohol-related accidents and death.

Alcohol is not a necessary ingredient for holiday cheer! If you or your friends are going to a party and plan to use alcohol, decide in advance who will be the designated driver. Decide that drinking and driving is not an option.

■ Gather toys from friends and store donations and give to children who would not otherwise have toys. Donate clothing too. You can find these children through schools, churches and various other organizations on and off base. Donate to the U.S. Marine Toys for Tots Foundation.

■ Exercise and keep those endorphins pumping, especially if you have a tendency to avoid your feelings of loneliness by sleeping too much. Exercise not only allows you to sleep better, it also makes you more alert

and efficient during the day.

■ Decorate your house or apartment with lots of holiday lights!

■ If visits from certain people during the holidays in the past have affected you in a negative way, it’s time to assert yourself. Let them know that “This is not a good time for me to have guests,” or “I have other plans this year, but thanks

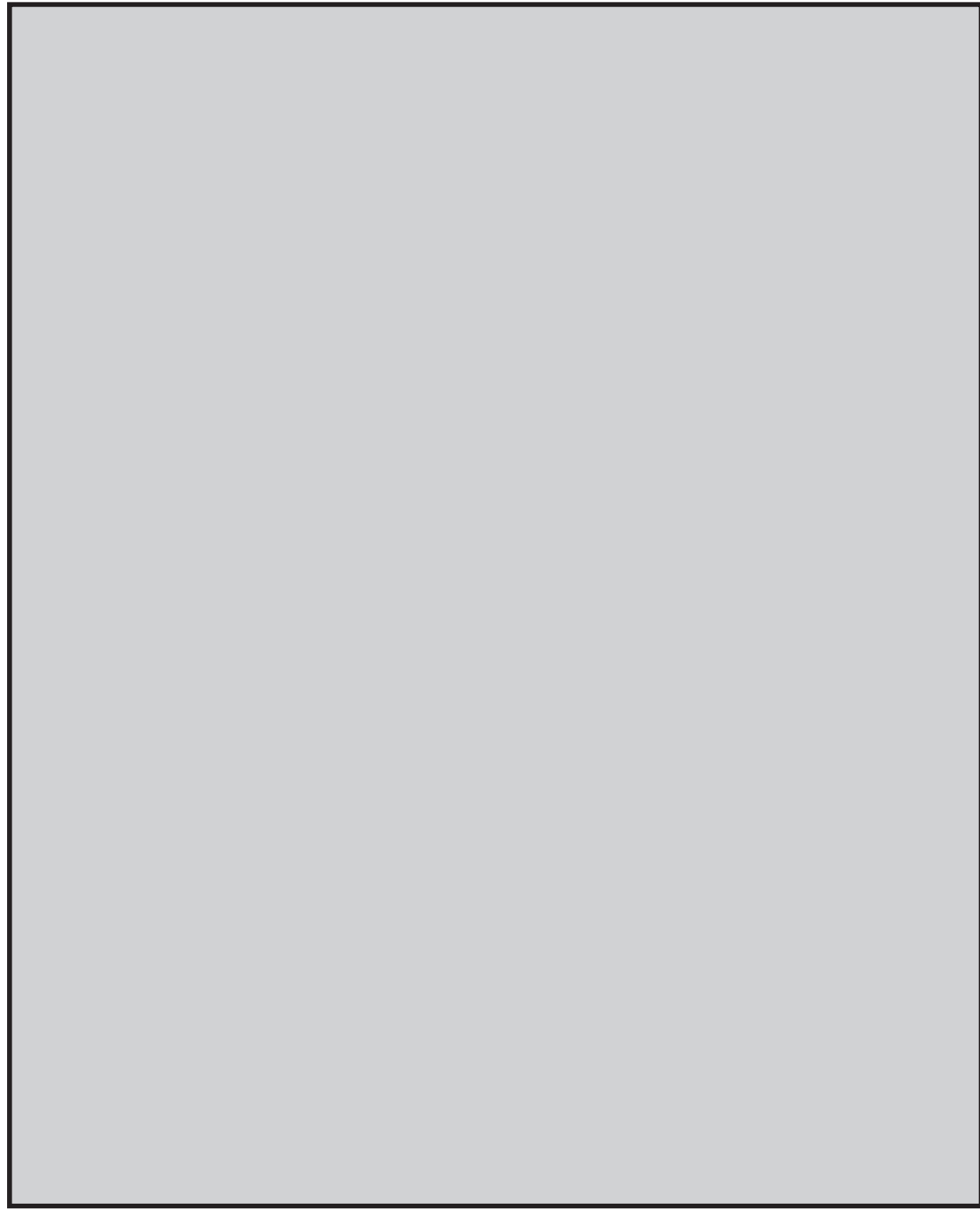
for asking.” You do not have to make excuses or defend yourself. They may expect you to give an excuse, but you don’t have to do it. Make your own choices. Assert your right to say, “No, but thanks for asking.”

■ Practice gratitude! Be thankful for all the things you do have and avoid focusing on what you lack. Count your blessings! Make a list! When

you really look, you can find many positive things to focus on.

■ If you have children or loved ones who come to visit, do your best to create an atmosphere that focuses on “doing” rather than “having.” Wear a Santa hat or some other festive, playful gear.

See LONELY on Page 12



Lonely

From page 11

Plan lots of holiday activities together; bake some cookies together; read a story aloud; make your own holiday decorations; give homemade gifts.

■ Visit a nursing home. Boost the spirits of the elderly. Be there for them with a listening ear and arms that embrace.

‘You think you’re lonely? Volunteer. Statistics show that many elderly people are often forgotten during the holidays. Your visit will always be appreciated. Give them a small homemade gift or a holiday card. Spread some holiday cheer!

■ Treat yourself to a pre-holiday pampering. Play a round of golf. Schedule a full-body massage. Do something special for YOU!

■ Can’t find any humor in the “holidayze?” Do something to make yourself laugh.

■ Be proactive. Call up other people who might be on their own and arrange a holiday dinner, agreeing to split the meal preparation duties. Don’t assume that everyone you know will be busy

throughout the holidays. Even if they have family commitments, they still might welcome the opportunity to escape to spend some time with you.

■ Single parent? You may be facing an upcoming holiday during which you will be alone. Most parents have arrangements in which they share or alternate holidays with an ex-partner. When it is the other parents turn to be with your child on a holiday, you may wind up feeling depressed, sad and blue. This year, take the holiday by the horns and banish those bad feelings.

Talk to your child. The first thing you must do to keep the holiday blues at bay is to talk to your child. Make sure your child understands where he or she will be spending the holiday. It can be helpful to mark the plans on a calendar so that the schedule is solid in your child’s eyes.

Explain that you will miss him/her while he/she is with the other parent on the holiday, but point out that you are happy that he/she will be having fun and want him/her to have a good time.

Make plans with your child. Plan with your child when you

will celebrate the holiday together. For example, if your child is spending Christmas Day with the other parent, plan your own Christmas for the day after or for the next weekend. Its not important what you do or when you do it, as long as you plan a way for you and your child to celebrate the holiday together in some way. This will help your child feel confident that both parents are truly a part of his/her life.

Keep your sad sack feeling to yourself. While it is important to be honest with your child, it is equally important that you not burden him or her with the responsibility for your happiness.

Do not tell your child that you will be miserable, lonely, in tears or completely depressed while he or she is with the other parent. It is okay to say you will miss him/her, but follow this statement with reassurances that you will be together again soon.

Plan some kind of contact with your child on the holiday itself. Plan to call him or her on the phone or even to stop by for a quick hug and kiss on the other parent’s front porch.

Making contact with your child on the holiday itself will

not only help your child cope, but will help ease your own feelings of loneliness.

■ Reach out to natural disaster victims. With all of the natural disasters that have happened recently, there will be hundreds of families who would appreciate being invited to share a holiday meal with you. Contact the Red Cross. They’ll know where help is needed.

■ Have a humorous gift exchange at your holiday party. Decorate your Christmas tree with a humorous flair. This works great to create a healthy humor climate within the group and helps them view the holidays in a positive way. Start a humorous holiday tradition. Tis the season to be jolly! Decorate your face with a smile and share it with others.

Experts warn against the notion that without an idyllic holiday, there is something terribly wrong.

The holidays can be joyous if you’re alone, or they can be difficult. The truth, however, is that it’s all about your attitude.

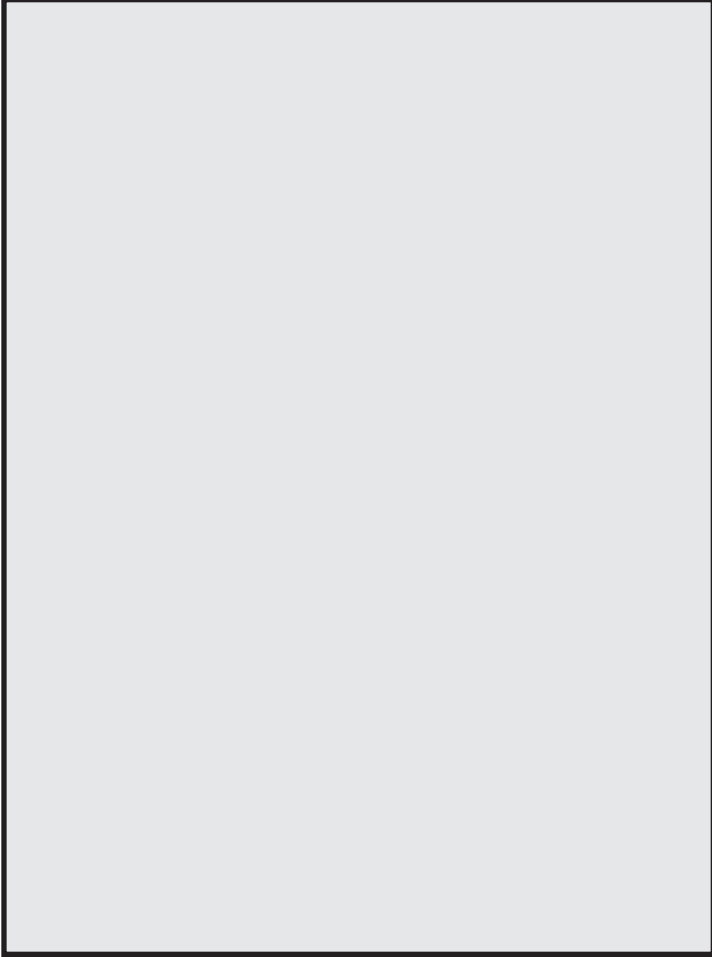
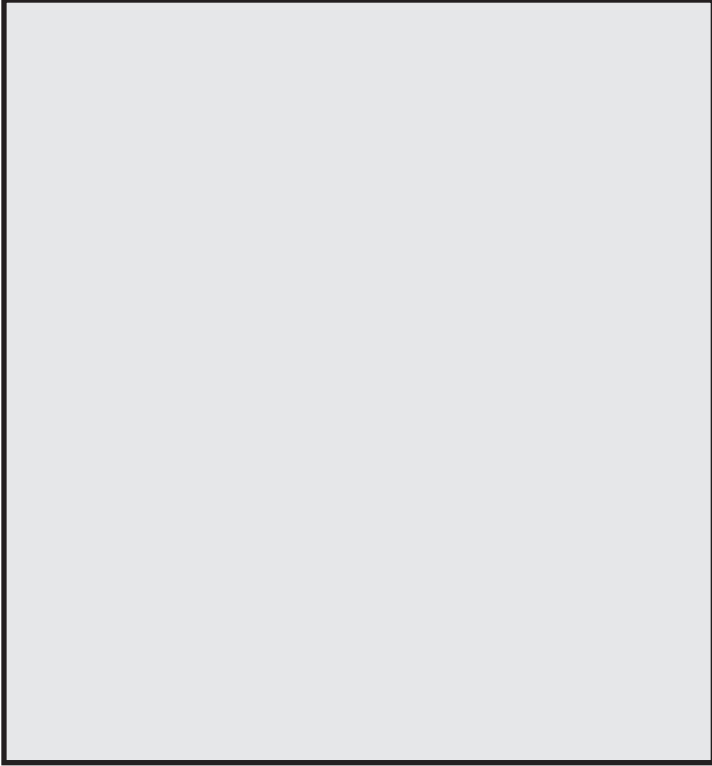
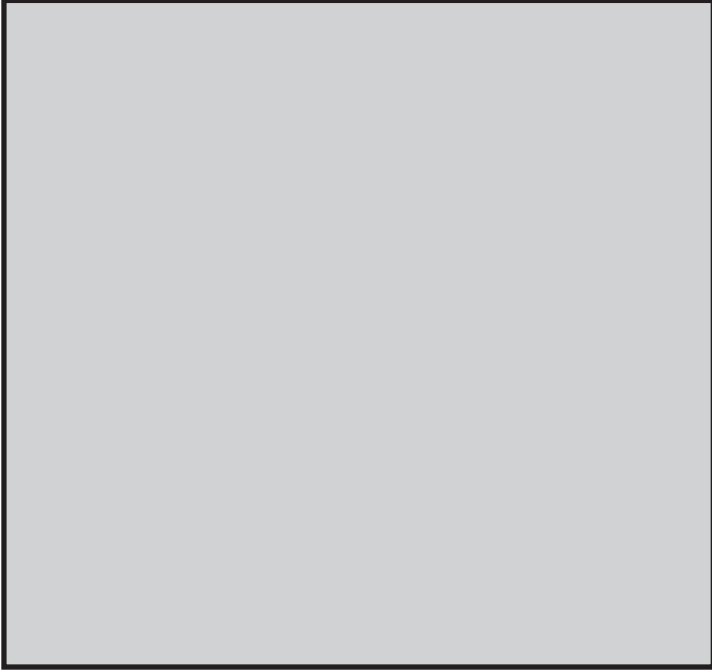
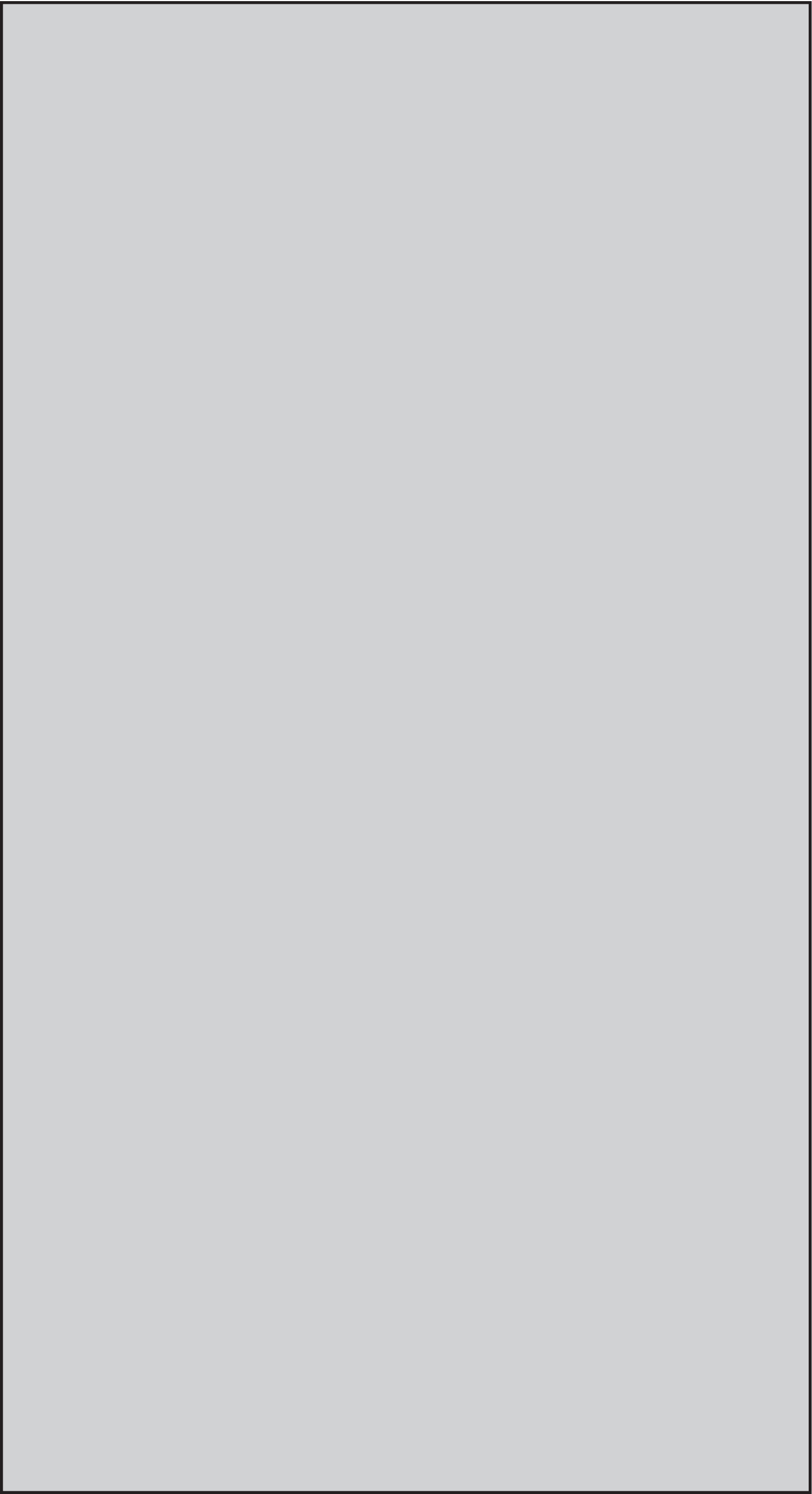
Being alone does not have to mean being lonely. For additional resources or help, please contact the Mental Health clinic at 394-4700.



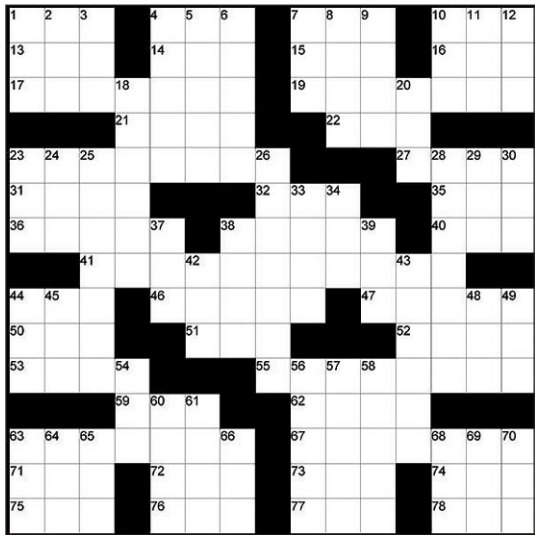
PHOTO BY EMILY FARRINGTON-SMITH

Dorm Thanksgiving

Airman 1st Class Nicholas Alwan, 14th Air Support Operations Squadron, and Staff Sgt. Brian Margavich, 43rd Communication Squadron, enjoy Thanksgiving dinner put on by the Chapel Nov. 25.



FLYER EXTRA



The Garden State Base by Capt. Tony Wickman

USAFE Public Affairs

ACROSS
1. Ancient
4. Perform
7. Imitate
10. Overseas mil. Address starter
13. Pod vegetable
14. Pitch
15. Road material

16. Young man
17. Positive photo made on iron plates varnished with film
19. The Garden State base namesake
21. Rabbit
22. Greek goddess of the dawn
23. To feature as a movie actor
27. Otherwise
31. Actress Fey of Baby Mama
32. Hurricane center
35. Hearing organ
36. Burn
38. Goody-goody
40. Dined
41. C-17; plane assigned to the Garden State base
44. Spring mon.
46. Schwarzenegger role
47. Motto for the Garden State base
50. Possible mil. Duty status
51. Actress ___-Margaret
52. Admiral type
53. Army location
55. KC-10; plane assigned to the Garden State base
59. Charged particle
62. Sea bird
63. Capital of the Garden State
67. Head covering
71. Playboy founder nickname

72. Foot part
73. Flightless bird
74. Army Fort attached to the Garden State base
75. Feed
76. Canadian prov.
77. CBS TV show
78. Pub order
DOWN
1. Chose
2. Aloha gift
3. Dolphin great Marino
4. The Garden State base commander
5. Italian island
6. Child between middle childhood and adolescence
7. Cash machine
8. Former CJCS Gen. Peter ___
9. Hence
10. The Greatest
11. Even golf score
12. Lyrical poem
18. Bondage
20. Ply
23. Space shuttle ID
24. ___-tac-toe
25. Word formed from another by rearranging its letters
26. Pertinent
28. Gleaned
29. Made a lap

30. Before, poetically
33. Chinese currency
34. Actors O'Neil and Harris
37. "What's up, ___?"
38. Actor Sean of Mystic River
39. Among others
42. Constrictor
43. Fetched
44. MAJCOM the Garden State base assigned
45. Actress Zadora
48. Lost actor Daniel ___ Kim
49. Hockey legend Bobby
54. Hole identifier
56. Small three-masted Mediterranean vessel
57. Streetcars
58. Boredom
60. Hall of Famer Graham
61. High time?
63. Article
64. V for
Vendetta
actor
Stephen
65. Young
newt
66. Capture
68. Oklahoma town
69. Zero
70. Terminate



Pope chapel
315 Ethridge Street
394-2677
Religious services
For bible studies call the chapel
Traditional service: Sunday, 8 a.m.
Contemporary service: Sunday, 11 a.m.
Protestant Combined Worship: 11 a.m. the second Sunday of each month and all holidays
Sunday school (all ages): 9:30 a.m. Pope Elementary
Catholic services: Sunday at 9:30 a.m. and 5 p.m.
Daily mass: Monday through Thursday, 11:30 a.m.
Reconciliation: Sunday from 9 to 9:30 a.m. or by appointment.
Choir rehearsal: Monday at 7 p.m.
RCIA: Thursday at 6 p.m.
CCD: 11 a.m. at Pope Elementary School
Services offered at Fort Bragg
Catholic service: JFK Chapel, Ardennes Street, Saturday at 5 p.m. Confessions at 4 p.m.
Muslim or Orthodox Christian services: Call the Fort Bragg Chapel at 396-1121.
Officers' Christian Fellowship: Bible study on leadership, Wednesday at 6 a.m.
Jewish services: Contact the Beth Israel Congregation Community Center on Morganton Road at 484-6462.
Wiccan ceremonies: The Watters Center on Fort Bragg holds an open circle Thursday at 7:30 p.m.

SUPER BOWL
January 17, 2009 at Pope Club - Members \$60, Guests \$75
Doors Open at 2 PM - Buffet 2 PM to 4:30 PM - Bingo Begins at 5 PM
YOU COULD WIN FABULOUS NFL PRIZES!
JERSEYS
HELMETS WITH MEMORABILIA CASES
AUTOGRAPHED FOOTBALLS
TEAM JACKETS
WIDE SCREEN TVS
RECLINERS
and
TWO ALL EXPENSES PAID TRIPS TO SUPER BOWL XLIII
For more details, call Pope Club at 394-2641

Holiday Door Decorating Contest
Register your office
NLT Dec 10
Judging Dec 19
For details and to register call 394-2779 or 4238

NEED A SANTA CLAUS SUIT FOR YOUR UNIT'S HOLIDAY PARTY?
Equipment Rental has that too!!!
Santa Claus Suits
Mrs. Claus Suits
& Elf Costumes
Have company coming?
Equipment Rental also rents tables, chairs, and hospitality items!
For more information, call 394.4730

HOLIDAY SALE
WILLOW LAKES PRO SHOP
NOV 28 - DEC 21
HOLIDAY CARD CONTEST
Judging December 12 at Air Park
BREAKFAST with Santa
SATURDAY, DECEMBER 6
10AM - Noon
WILLOW LAKES GOLF COURSE
SUPERBOWL BINGO TICKETS ON SALE NOW AT THE POPE CLUB

Movies
All movies, unless otherwise posted, start at 7 p.m. Tickets are \$2 for adults and \$1.50 for children 12 and younger.
Alvin C. York Theater
Ardennes Street, Fort Bragg
Tonight: Eagle Eye (PG-13) 6 p.m.
In the fast-paced race-against-time-thriller "Eagle Eye" Shia LaBeouf and Michelle Monaghan are two strangers who become the pawns of a mysterious woman they have never met, but who seems to know their every move. Realizing they are being used to further her diabolical plot, they must work together to outwit the woman before she has them killed.
Saturday: Chronicles of Narnia: Lion, Witch and Wardrobe (PG) noon; Beverly Hills Chihuahua (PG) 3 p.m.; The Secret Life of Bees (PG-13) 6 p.m.; Max Payne (PG-13) 9 p.m.

SAFETY SERVICES
Kitty Hawk Inn
Habanero Mexican Grill
Library
Wood Shop
School Age Programs
Auto Hobby Shop
Friday and Saturday: 9 a.m. to 5 p.m.
Community Center
Youth Center
Bowling Center
Willow Lakes Golf Course
Sunday: 8 a.m. to 2 p.m.
Fitness Center
Frame and Design Arts
Butler's Barber Shop
Mack's Barber Shop
Pope Pool
Tuesday - Friday
Open Swim: 4 p.m. to 7 p.m.
Saturday: 11 a.m. to 7 p.m.
Sunday and Holidays: Noon to 7 p.m.
Equipment Rental
Family Child Care
Child Development Center